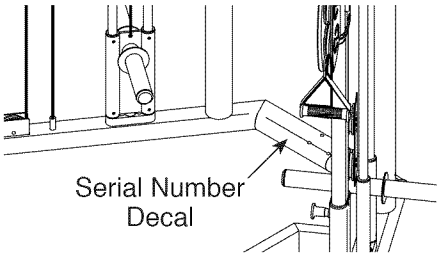
WEIDERPRO™

Model No. 831.14934.0
Serial No. _____

Write the serial number in the space above for reference.



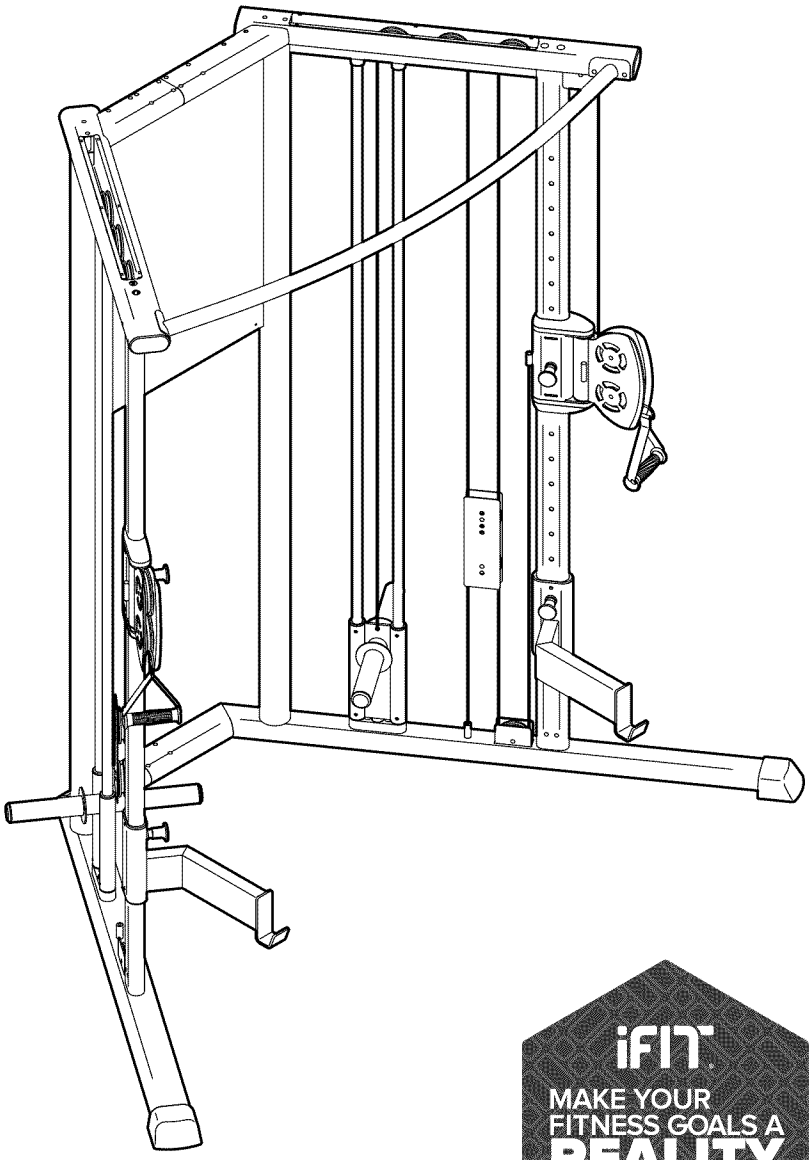
- **Assembly**
- **Operation**
- **Maintenance**
- **Part List and Drawing**

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

WEIGHT SYSTEM EXERCISER
User's Manual



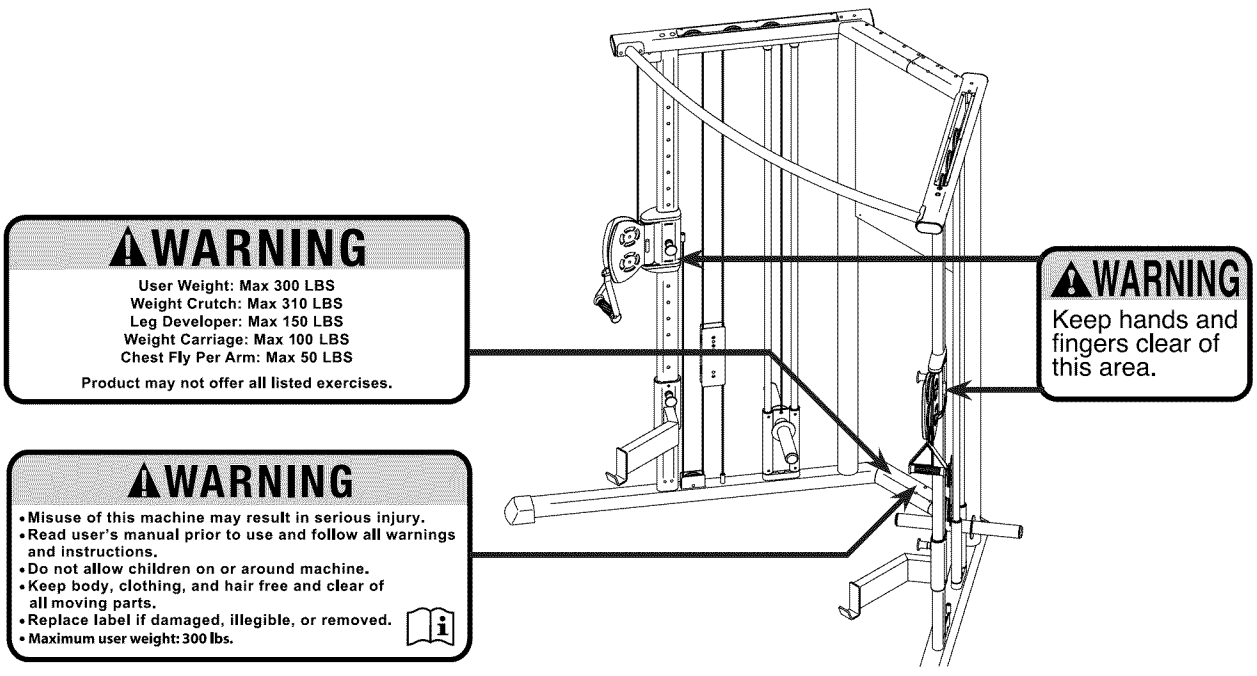
iFIT
MAKE YOUR FITNESS GOALS A REALITY
IFIT.COM

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
ADJUSTMENT 15
CABLE DIAGRAM 17
MAINTENANCE 18
EXERCISE GUIDELINES 19
PART LIST 21
EXPLODED DRAWING 22
ORDERING REPLACEMENT PARTS . . . . . Back Cover
90 DAY FULL WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-877-992-5999 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
User Weight: Max 300 LBS
Weight Crutch: Max 310 LBS
Leg Developer: Max 150 LBS
Weight Carriage: Max 100 LBS
Chest Fly Per Arm: Max 50 LBS
Product may not offer all listed exercises.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.
• Maximum user weight: 300 lbs.
WARNING
Keep hands and fingers clear of this area.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your weight system before using your weight system. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. Use the weight system only as described in this manual.
4. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
5. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the weight system at all times.
8. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection while exercising.
9. Keep hands and feet away from moving parts.
10. The weight system is designed to support a maximum user weight of 300 lbs. (136 kg). Do not place more than 100 lbs. (45 kg) of weight on each weight carriage. Do not place more than 310 lbs. (141 kg) of weight, including a barbell, on the bar cradles. Note: A barbell is not included.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on the pulleys.
12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

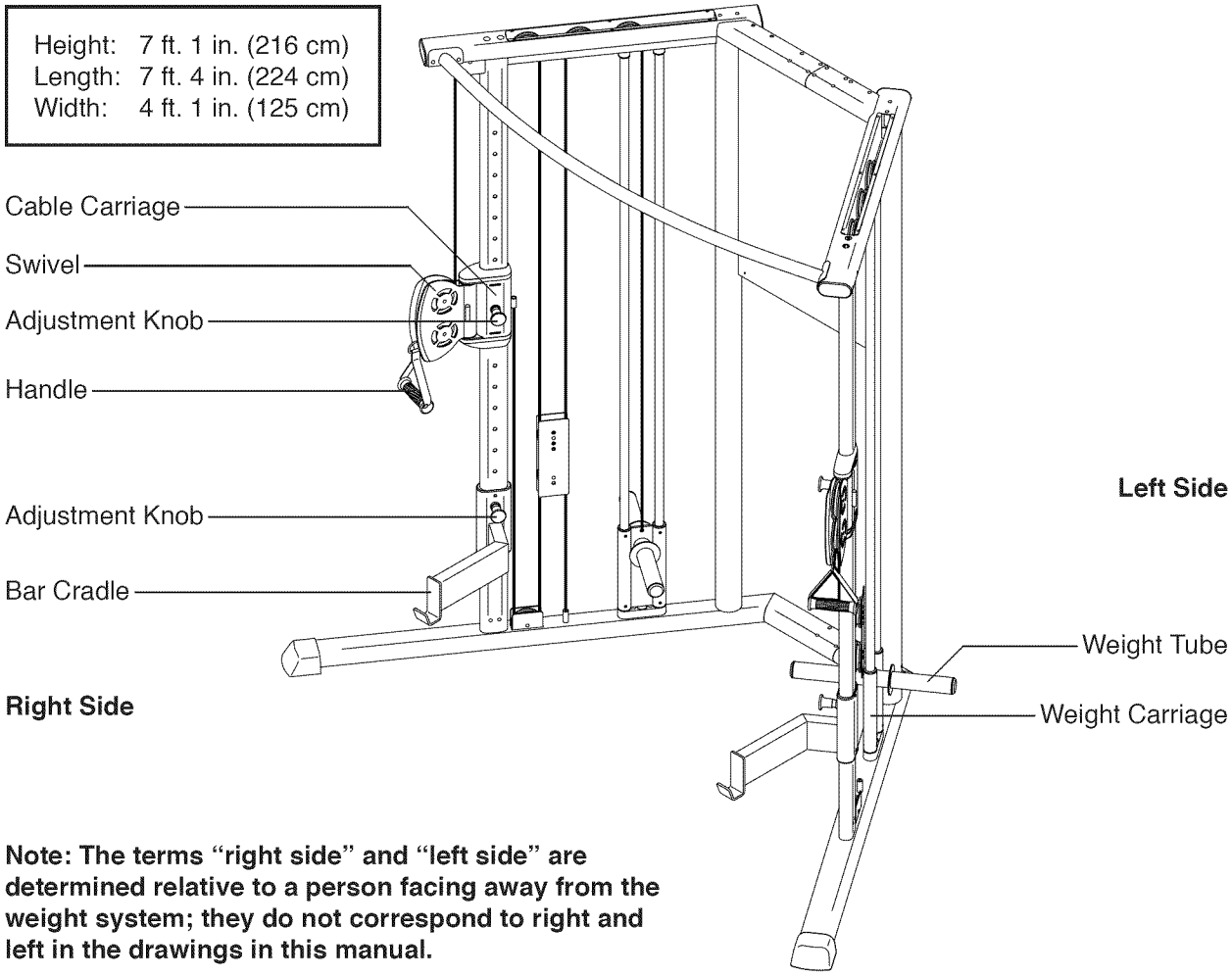
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER PRO™ weight system. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the weight system. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

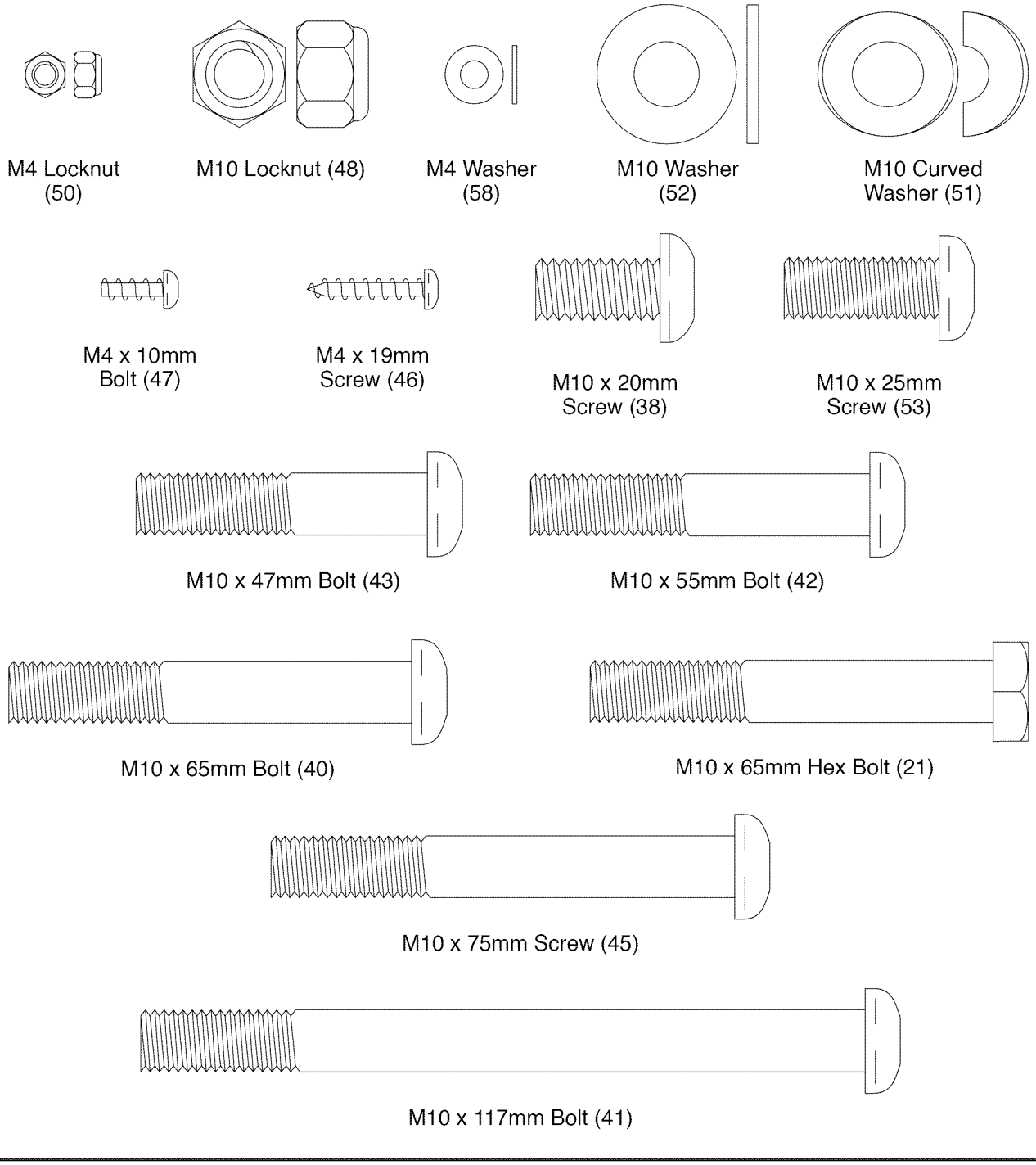
Height: 7 ft. 1 in. (216 cm)
Length: 7 ft. 4 in. (224 cm)
Width: 4 ft. 1 in. (125 cm)



Note: The terms "right side" and "left side" are determined relative to a person facing away from the weight system; they do not correspond to right and left in the drawings in this manual.

PART IDENTIFICATION CHART

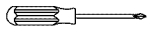
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included. If a part is missing, please call 1-877-992-5999.**


M4 Locknut (50)
M10 Locknut (48)
M4 Washer (58)
M10 Washer (52)
M10 Curved Washer (51)
M4 x 10mm Bolt (47)
M4 x 19mm Screw (46)
M10 x 20mm Screw (38)
M10 x 25mm Screw (53)
M10 x 47mm Bolt (43)
M10 x 55mm Bolt (42)
M10 x 65mm Bolt (40)
M10 x 65mm Hex Bolt (21)
M10 x 75mm Screw (45)
M10 x 117mm Bolt (41)

ASSEMBLY

- Assembly requires two persons.
- Due to its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tool(s):

  two adjustable wrenches

  one Phillips screwdriver 

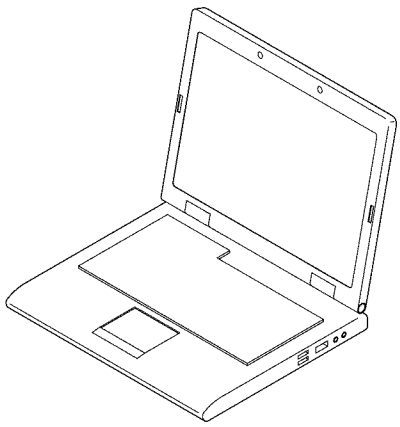
  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.weiderservice.com/registration on your computer and register your product.**

   - activates your warranty
   - saves you time if you ever need to contact Customer Care
   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call 1-877-992-5999 and register your product.

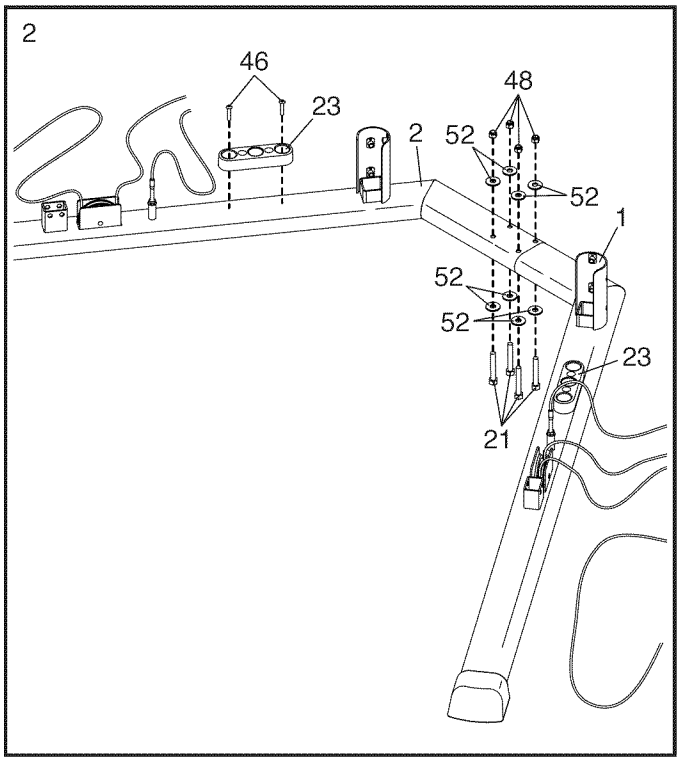
1



2. Insert the Left Base (1) into the Right Base (2) as shown. Attach the Left Base with four M10 x 65mm Hex Bolts (21), eight M10 Washers (52), and four M10 Locknuts (48). **Do not fully tighten the Hex Bolts yet.**

   Next, attach a Bumper (23) to the Right Base (2) with two M4 x 19mm Screws (46).

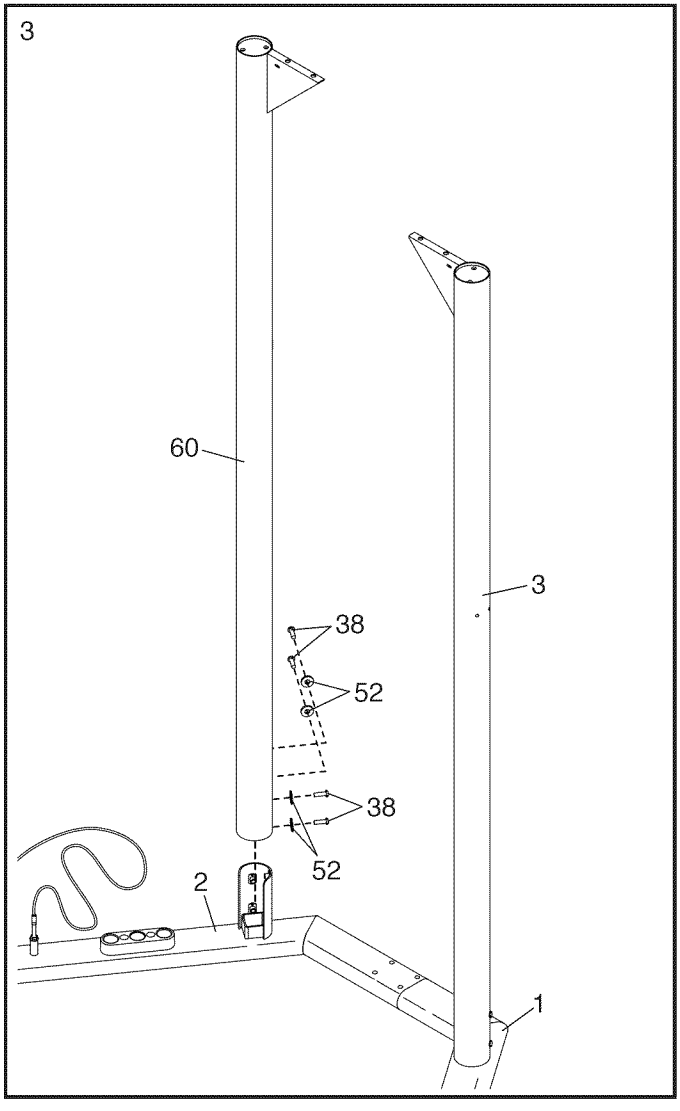
   Attach the other Bumper (23) to the Left Base (1) in the same way.



3. Identify the Right Upright (60) and orient it as shown.

   Attach the Right Upright (60) to the Right Base (2) with four M10 x 20mm Screws (38) and four M10 Washers (52). **Do not fully tighten the Screws yet.**

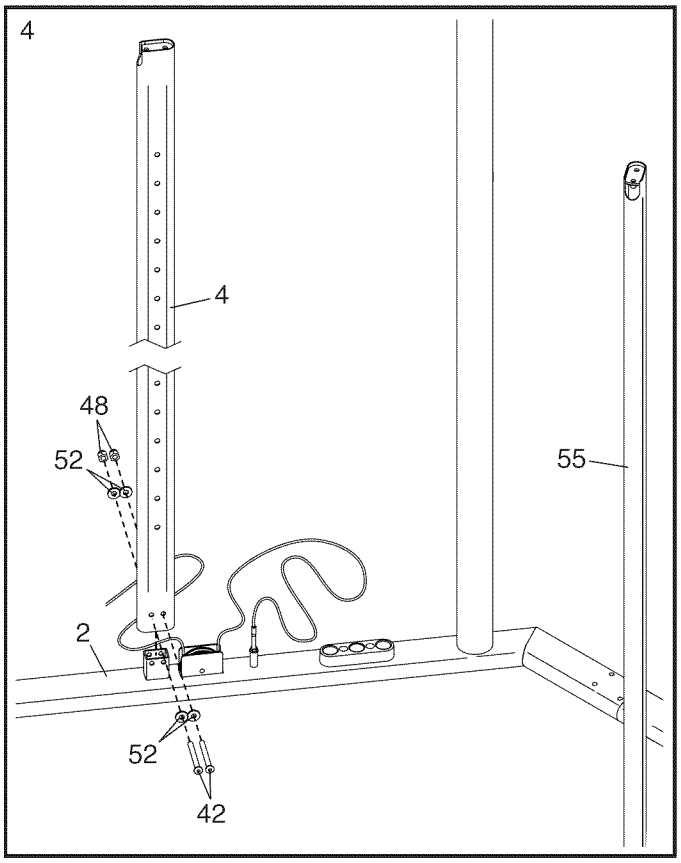
   Attach the Left Upright (3) to the Left Base (1) in the same way.



4. Identify the Right Post (4) and orient it as shown.

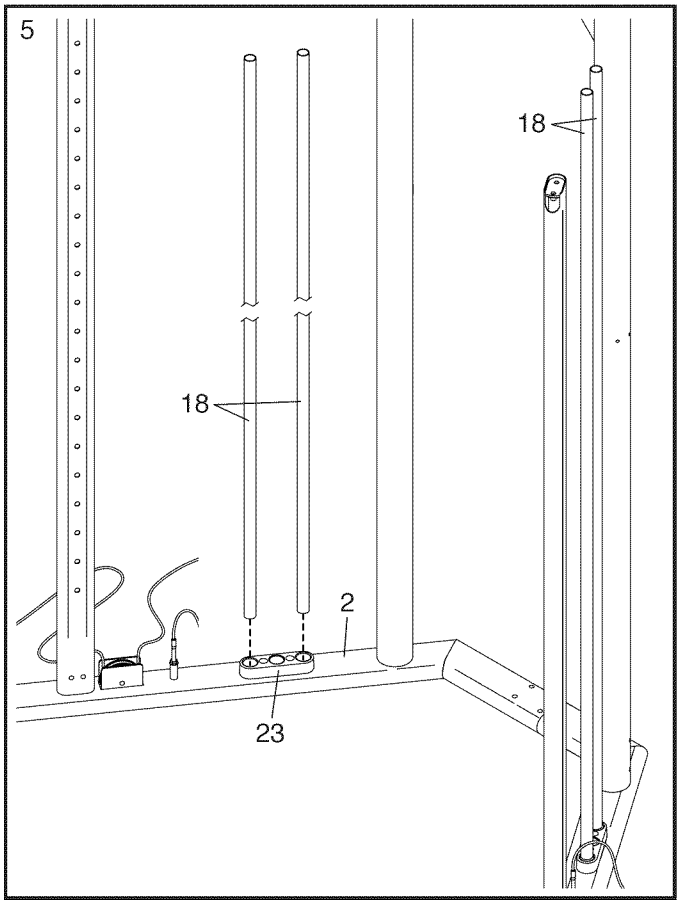
   Attach the Right Post (4) to the Right Base (2) with two M10 x 55mm Bolts (42), four M10 Washers (52), and two M10 Locknuts (48). **Do not fully tighten the Bolts yet.**

   Attach the Left Post (55) to the other side of the weight system in the same way.



5. Insert the two Weight Guides (18) into the sockets in the Bumper (23) on the Right Base (2).

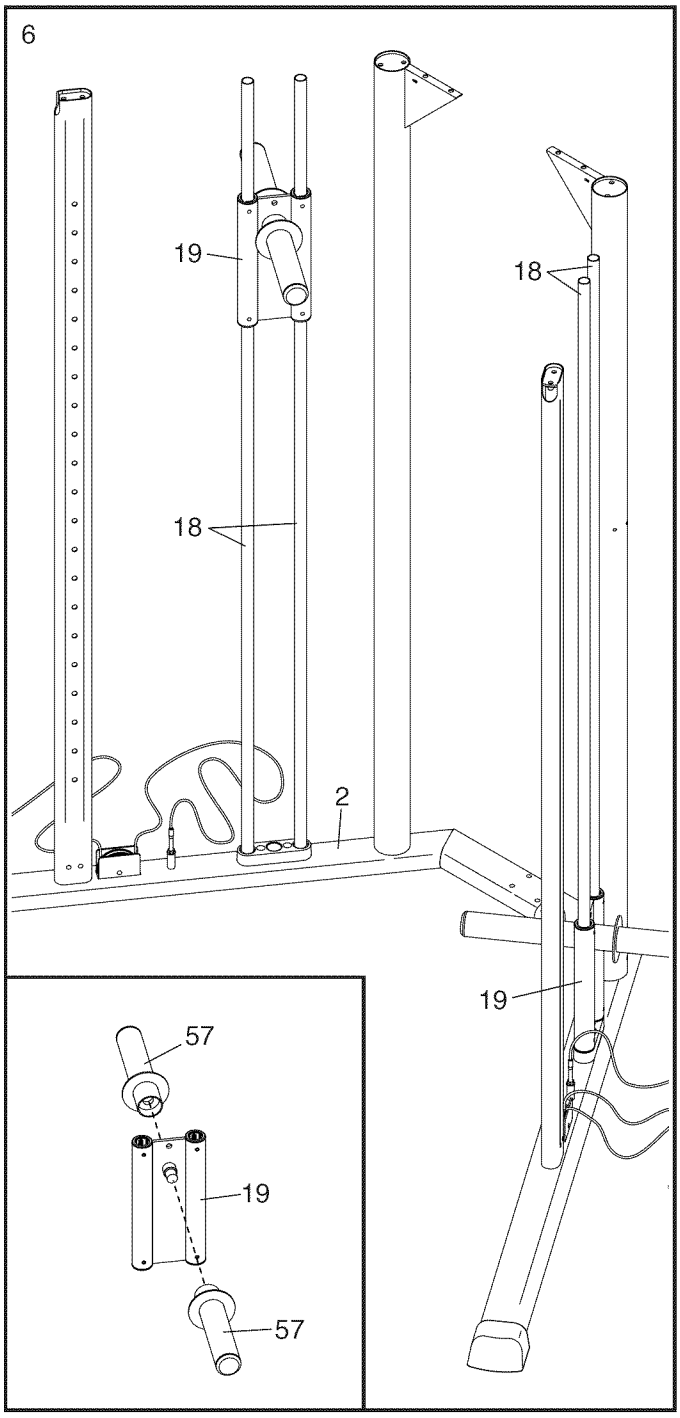
   Attach the other two Weight Guides (18) to the other side of the weight system in the same way.



6. **See the inset drawing.** Tighten two Weight Tubes (57) onto a Weight Carriage (19).

   Orient the Weight Carriage (19) as shown and slide it onto the Weight Guides (18) on the Right Base (2).

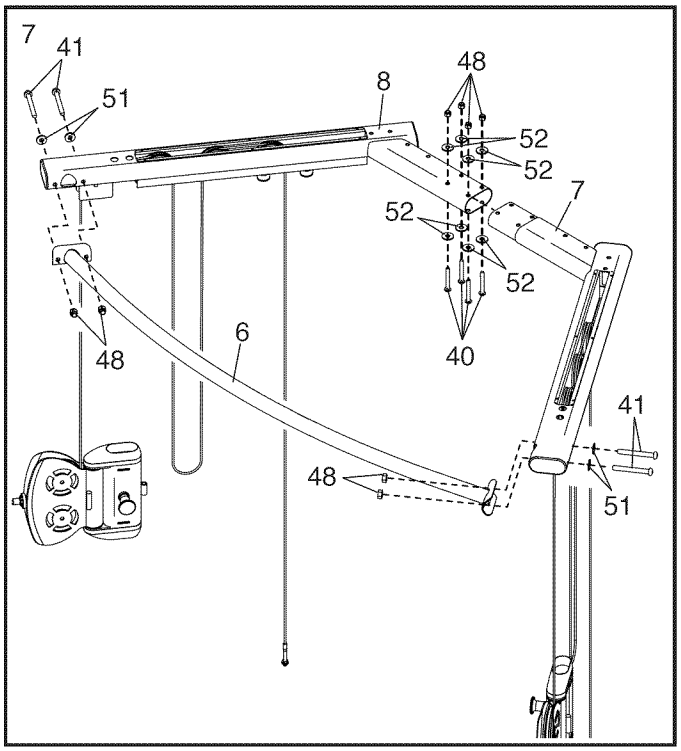
   Repeat this step on the other side of the weight system.



7. Orient the Left and Right Frames (7, 8) as shown. Insert the Left Frame partway into the Right Frame.

   Attach the Crossbar (6) to the Left and Right Frames (7, 8) with four M10 x 117mm Bolts (41), four M10 Curved Washers (51), and four M10 Locknuts (48). **Do not fully tighten the Bolts yet.**

   Next, insert the Left Frame (7) fully into the Right Frame (8). Attach the Left and Right Frames with four M10 x 65mm Bolts (40), eight M10 Washers (52), and four M10 Locknuts (48). **Do not fully tighten the Bolts yet.**



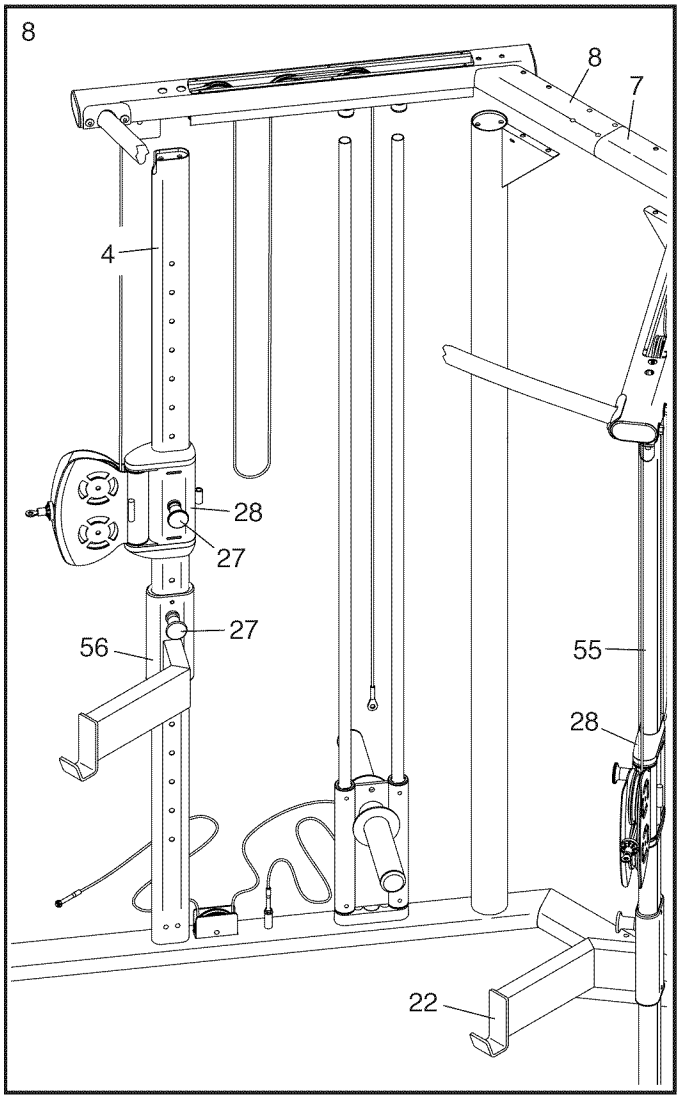
8. Identify the Right Bar Cradle (56) and orient it as shown. Pull the Adjustment Knob (27) on the Right Bar Cradle, slide the Right Bar Cradle downward onto the Right Post (4), and then release the Adjustment Knob into one of the adjustment holes in the Right Post.

   Attach the Left Bar Cradle (22) to the Left Post (55) in the same way.

   Have a second person hold the Left and Right Frames (7, 8) near the tops of the Right and Left Posts (4, 55).

   Pull the Adjustment Knob (27) on the indicated Cable Carriage (28), slide the Cable Carriage downward onto the Right Post (4), and then release the Adjustment Knob into one of the adjustment holes in the Right Post.

   Repeat this action on the other side of the weight system.

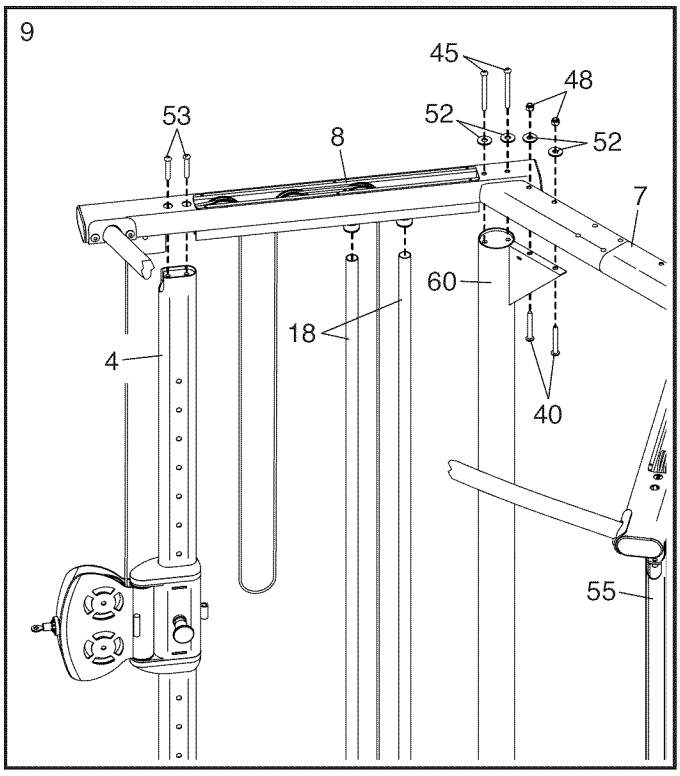


9. Set the Left and Right Frames (7, 8) on the Right and Left Uprights (60, not shown), the Weight Guides (18), and the Right and Left Posts (4, 55).

   Attach the Right Frame (8) to the Right Upright (60) with two M10 x 75mm Screws (45), two M10 Washers (52), two M10 x 65mm Bolts (40), two M10 Washers (52), and two M10 Locknuts (48). **Do not fully tighten the Screws and the Bolts yet. Repeat this action on the other side of the weight system.**

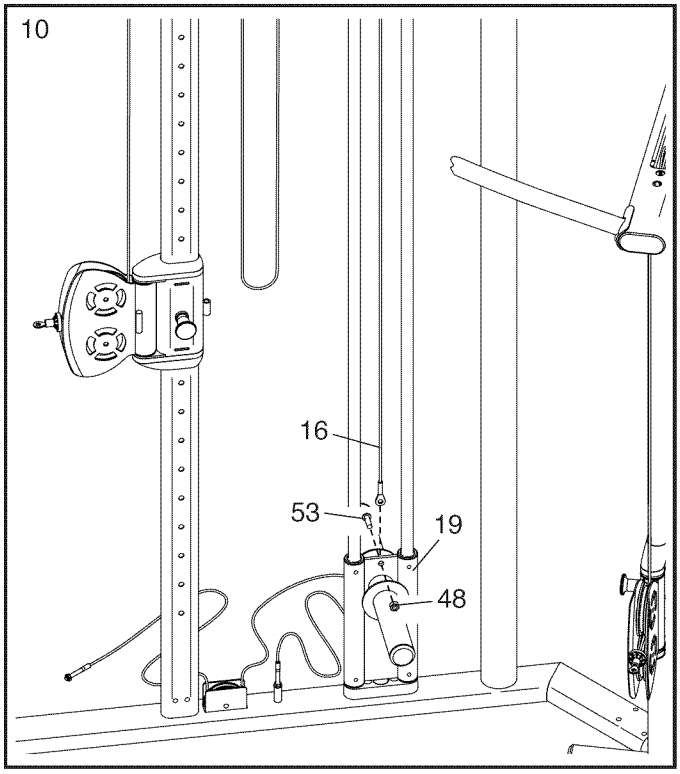
   Then, attach the Right Frame (8) to the Right Post (4) with two M10 x 25mm Screws (53). **Do not fully tighten the Screws yet.**

   Repeat this action on the other side of the weight system.



10. Attach the right Long Cable (16) to the right Weight Carriage (19) with an M10 x 25mm Screw (53) and an M10 Locknut (48).

    Repeat this action on the other side of the weight system.

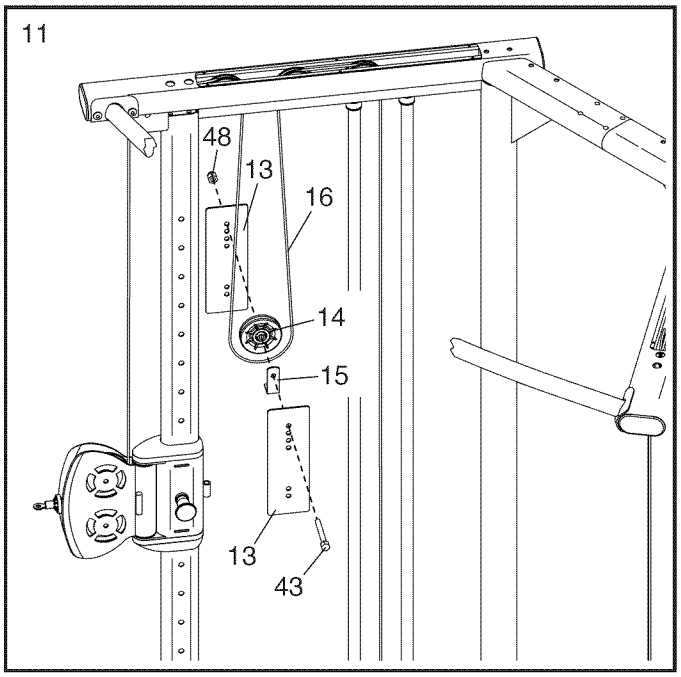


11. Hold a Pulley (14) in the loop of the right Long Cable (16) as shown.

    Orient two Pulley Brackets (13) as shown.

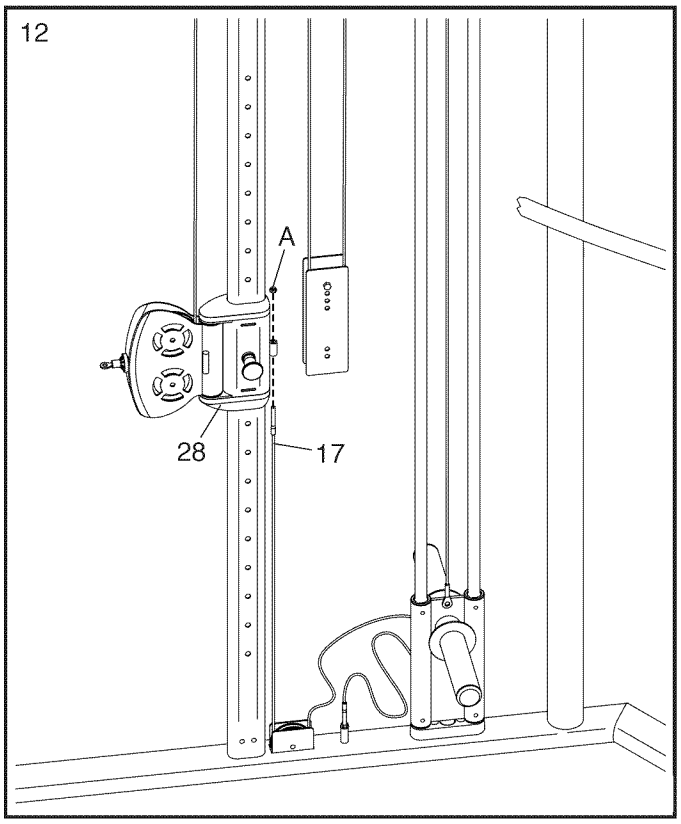
    Using the top hole in the Pulley Brackets (13), attach the Pulley Brackets to the Pulley (14) and to a Cable Trap (15) with an M10 x 47mm Bolt (43) and an M10 Locknut (48). **Make sure that the Cable Trap is oriented as shown.**

    Repeat this step on the other side of the weight system.



12. Remove the Nut (A) from the right Short Cable (17). Insert the right Short Cable into the bracket on the right Cable Carriage (28). Then, tighten the Nut onto the Short Cable; **make sure that at least two threads of the Short Cable extend above the Nut.**

    Repeat this step on the other side of the weight system.



13. Hold a Pulley (14) in the loop of the right Short Cable (17) as shown.

Attach the Pulley (14) and a Cable Trap (15) at the bottom hole of the two Pulley Brackets (13) with an M10 x 47mm Bolt (43) and an M10 Locknut (48). **Make sure that the Cable Trap is oriented as shown.**

Repeat this step on the other side of the weight system.

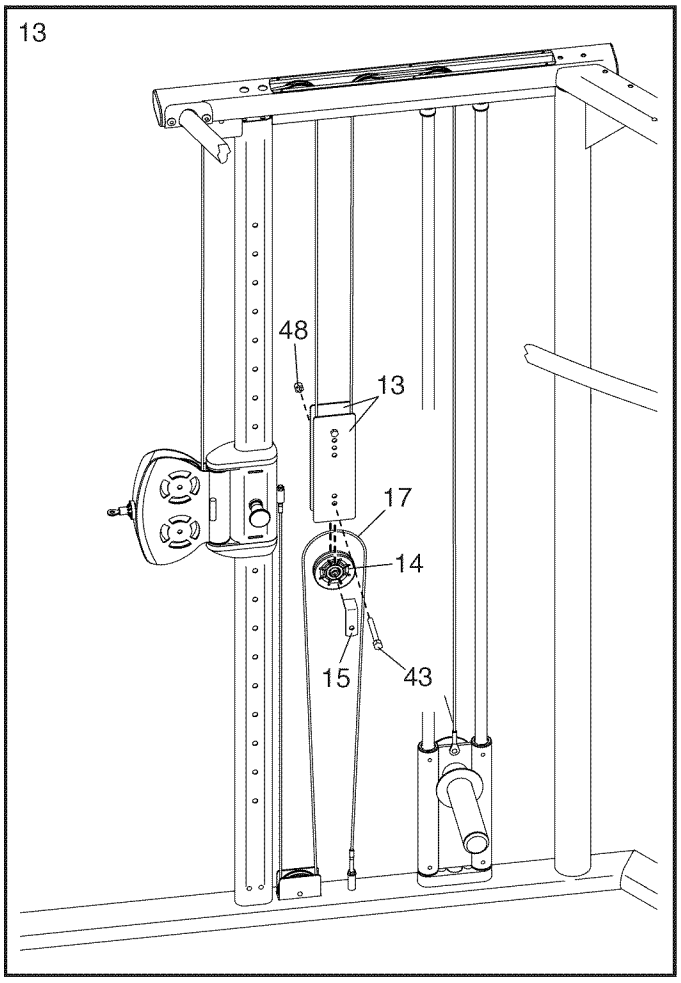
See step 2. Tighten the M10 x 65mm Hex Bolts (21).

See step 3. Tighten the M10 x 20mm Screws (38).

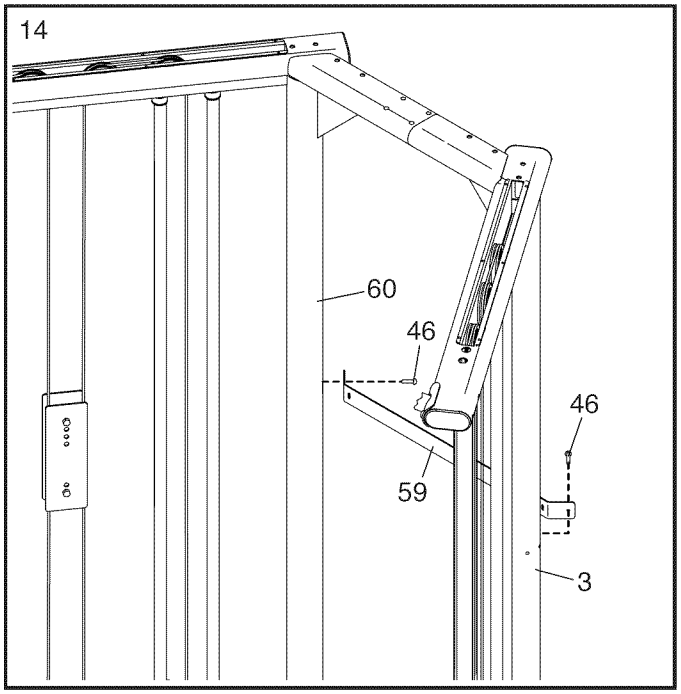
See step 4. Tighten the M10 x 55mm Bolts (42).

See step 7. Tighten the M10 x 117mm Bolts (41) and the M10 x 65mm Bolts (40).

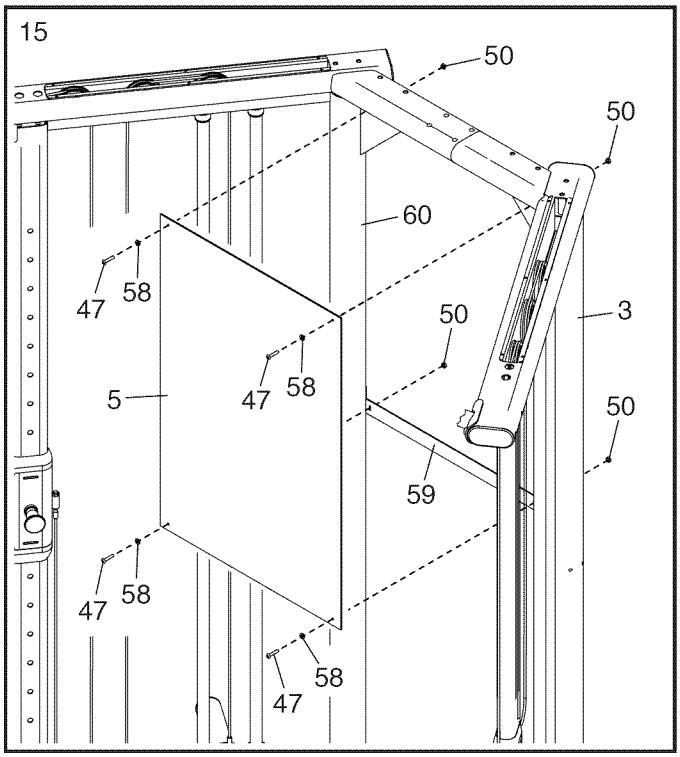
See step 9. Tighten the M10 x 75mm Screws (45), the M10 x 65mm Bolts (40), and the M10 x 25mm Screws (53).



14. Attach the Placard Bracket (59) to the Left and Right Uprights (3, 60) with two M4 x 19mm Screws (46).



15. Attach the Placard (5) the to the Placard Bracket (59) and to the Left and Right Uprights (3, 60) with four M4 x 10mm Bolts (47), four M4 Washers (58), and four M4 Locknuts (50).



16. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT starting on page 15.

    Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 17 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See MAINTENANCE on page 18.**

ADJUSTMENT

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

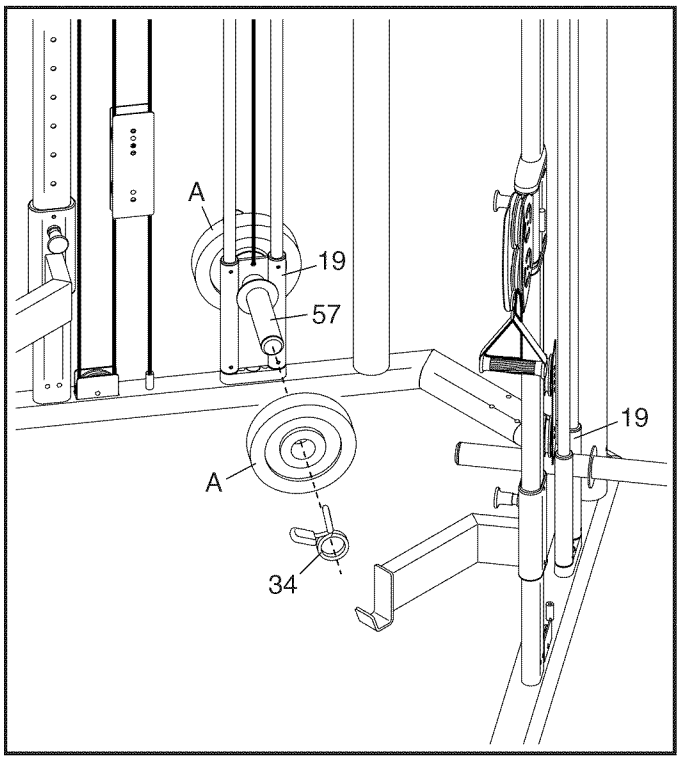
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. **Do not use solvents.**

ATTACHING WEIGHT PLATES TO THE WEIGHT CARRIAGES

Slide the desired weight plates (A) onto the Weight Tubes (57) on the right Weight Carriage (19). Then, secure an Olympic Weight Clip (34) onto each Weight Tube.

Attach weight plates to the other Weight Carriage (19) in the same way.

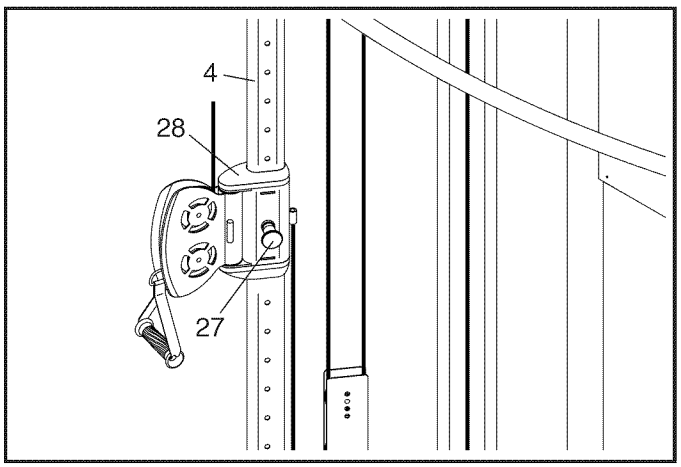
⚠ WARNING: Place an equal amount of weight on each Weight Tube (57) on a Weight Carriage (19). Do not place more than 100 lbs. (45 kg) on each Weight Carriage. Always secure weight plates with the Olympic Weight Clips (34).



ADJUSTING THE CABLE CARRIAGES

To adjust the height of the right Cable Carriage (28), pull the Adjustment Knob (27) outward, slide the Cable Carriage upward or downward to the desired position, and then release the Adjustment Knob into one of the adjustment holes in the Right Post (4). **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**

Adjust the other Cable Carriage (not shown) in the same way.

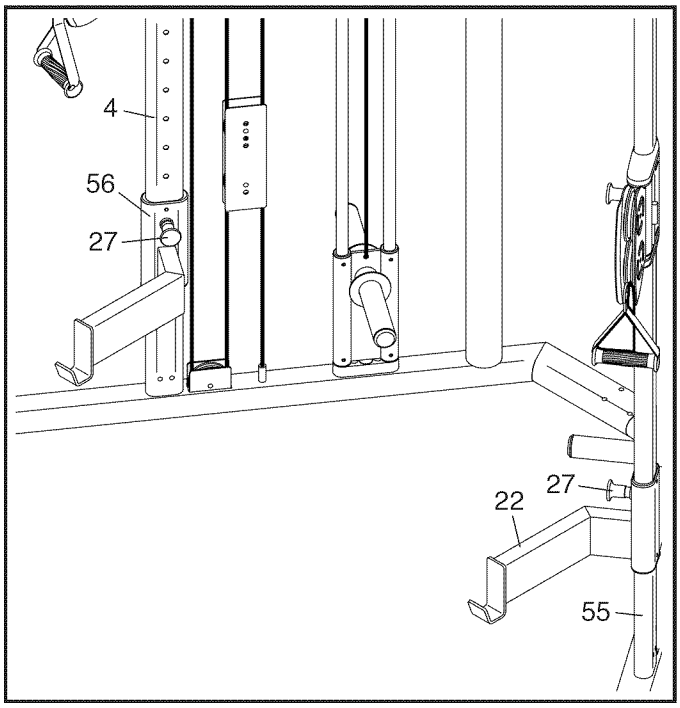


ADJUSTING THE BAR CRADLES

To adjust the height of the Right Bar Cradle (56), pull the Adjustment Knob (27) outward, slide the Right Bar Cradle upward or downward to the desired position, and then release the Adjustment Knob into one of the adjustment holes in the Right Post (4). **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**

Adjust the Left Bar Cradle (22) in the same way. Make sure to adjust the Bar Cradles to the same height.

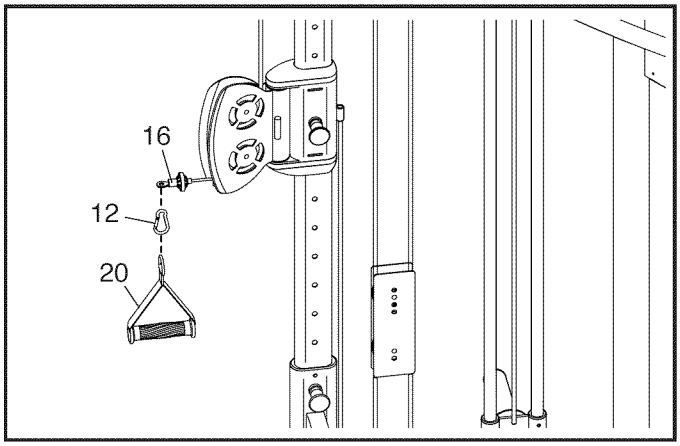
⚠ WARNING: Do not place a barbell with more than 310 lbs. (141 kg) of weight on the Left and Right Bar Cradles (22, 56). Note: A barbell is not included.



ATTACHING THE ACCESSORIES

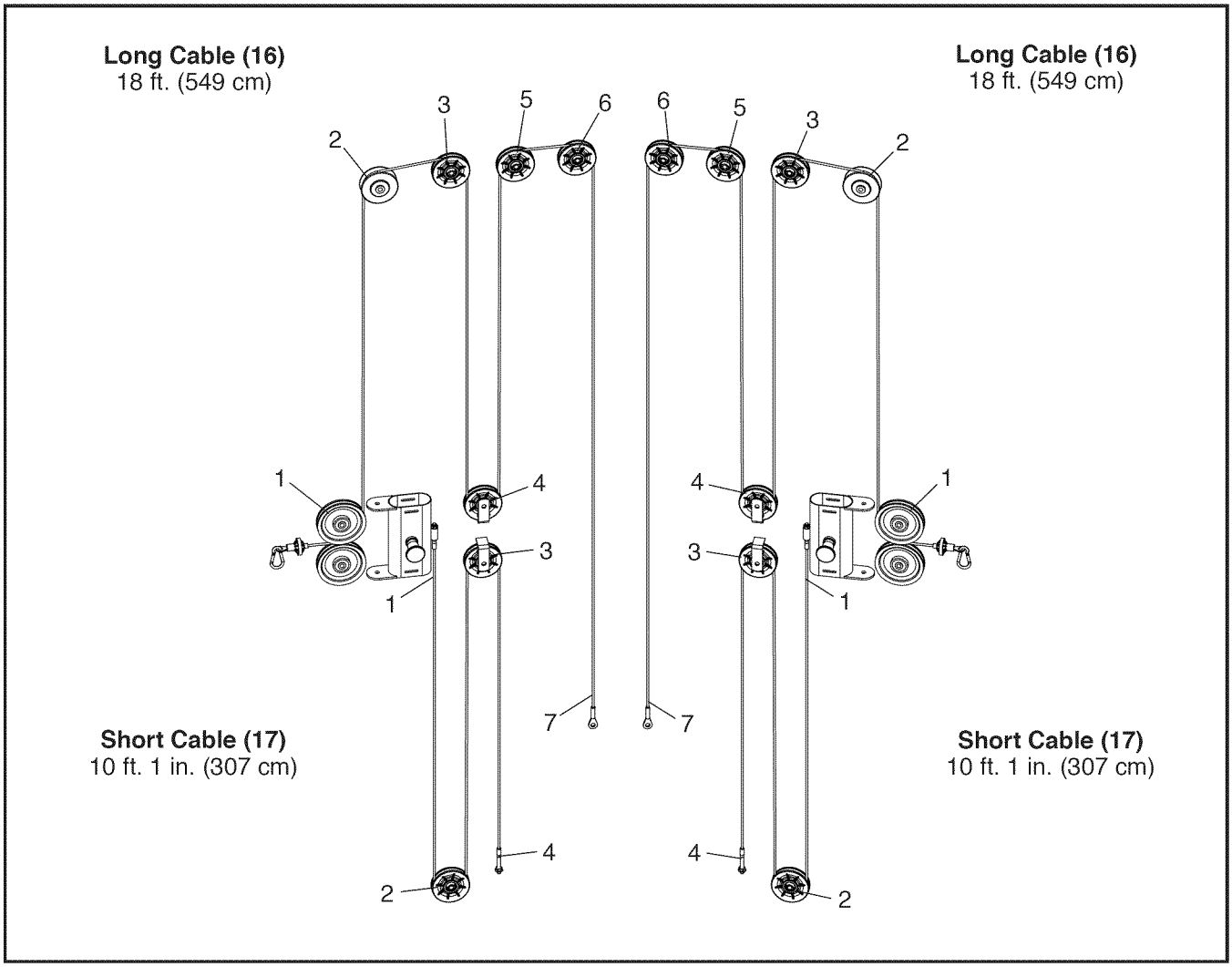
To attach a Handle (20) to a Long Cable (16), attach a Cable Clip (12) to the Long Cable and the Handle.

Attach the other Handle (not shown) to the weight system in the same way.



CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers show the proper route for that cable. Use the diagram to make sure that the cables and cable traps are assembled correctly. If the cables are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



MAINTENANCE

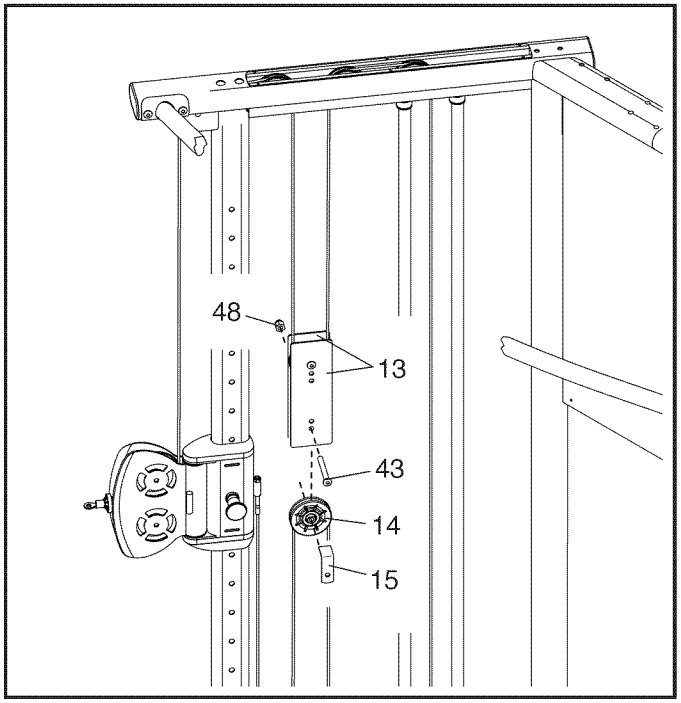
Make sure that all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first place a few weight plates on the weight carriage. Slack can be removed from the cables in the following way:

Remove an M10 Locknut (48) and an M10 x 47mm Bolt (43) from two Pulley Brackets (13), a Cable Trap (15), and a Pulley (14).

Reattach the Pulley (14) and the Cable Trap (15) to a hole closer to the center of the Pulley Brackets (13). **Make sure that the Cable Trap is oriented to hold the cable in the groove of the Pulley and that the cable and Pulley move smoothly.**



Do not overtighten the cables. If the cables are overtightened, the weight carriage will lift away from the base of the weight system. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If the cables need to be replaced, see the part ordering information on the back cover of this manual.

EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body's signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

Strength
Date:
___/___/___

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic
Date:
___/___/___

Exercise	Time	Distance	Speed

PART LIST

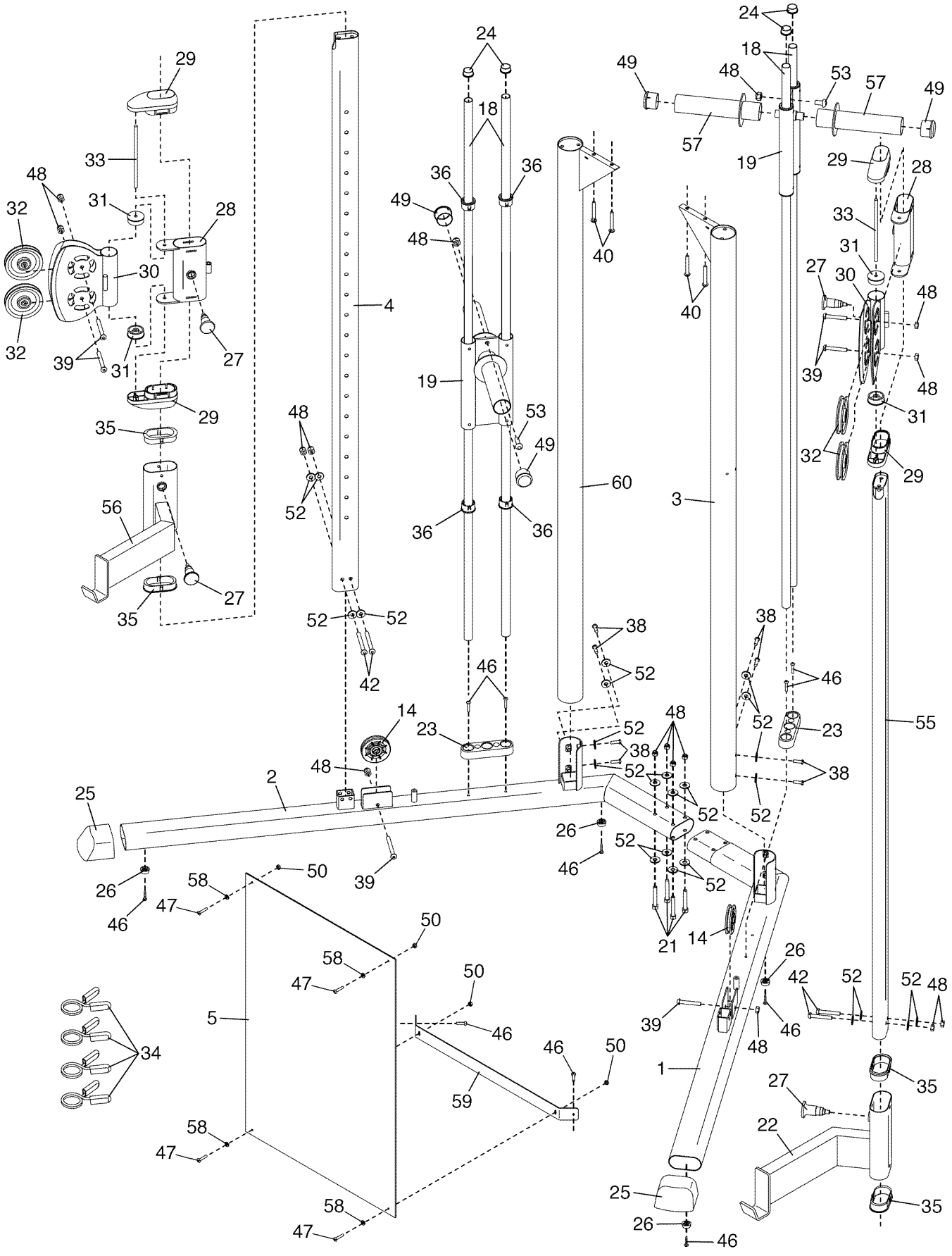
Model No. 831.14934.0 R0813A

Key No.	Qty.	Description
1	1	Left Base
2	1	Right Base
3	1	Left Upright
4	1	Right Post
5	1	Placard
6	1	Crossbar
7	1	Left Frame
8	1	Right Frame
9	2	Pulley Cradle
10	4	Frame Cap
11	2	Frame Pulley
12	2	Cable Clip
13	4	Pulley Bracket
14	12	Pulley
15	4	Cable Trap
16	2	Long Cable
17	2	Short Cable
18	4	Weight Guide
19	2	Weight Carriage
20	2	Handle
21	4	M10 x 65mm Hex Bolt
22	1	Left Bar Cradle
23	2	Bumper
24	4	Guide Bushing
25	2	Base Cap
26	4	Foot
27	4	Adjustment Knob
28	2	Cable Carriage
29	4	Carriage Bushing
30	2	Swivel
31	4	Swivel Bushing
32	4	Swivel Pulley
33	2	Swivel Axle
34	4	Olympic Weight Clip
35	4	Cradle Bushing
36	8	Weight Carriage Bushing
37	6	M10 Jam Nut
38	8	M10 x 20mm Screw
39	6	M10 x 45mm Bolt
40	8	M10 x 65mm Bolt
41	4	M10 x 117mm Bolt
42	4	M10 x 55mm Bolt
43	4	M10 x 47mm Bolt
44	6	M10 x 40mm Bolt
45	4	M10 x 75mm Screw
46	22	M4 x 19mm Screw
47	4	M4 x 10mm Bolt
48	34	M10 Locknut
49	4	Weight Carriage Cap
50	4	M4 Locknut
51	4	M10 Curved Washer
52	40	M10 Washer
53	6	M10 x 25mm Screw
54	2	M10 x 57mm Bolt
55	1	Left Post
56	1	Right Bar Cradle
57	4	Weight Tube
58	4	M4 Washer
59	1	Placard Bracket
60	1	Right Upright
*	—	2 1/2-pound Weight Plate
*	—	5-pound Weight Plate
*	—	10-pound Weight Plate
*	—	User's Manual
*	—	Exercise Guide

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-877-992-5999.** *These parts are not illustrated.

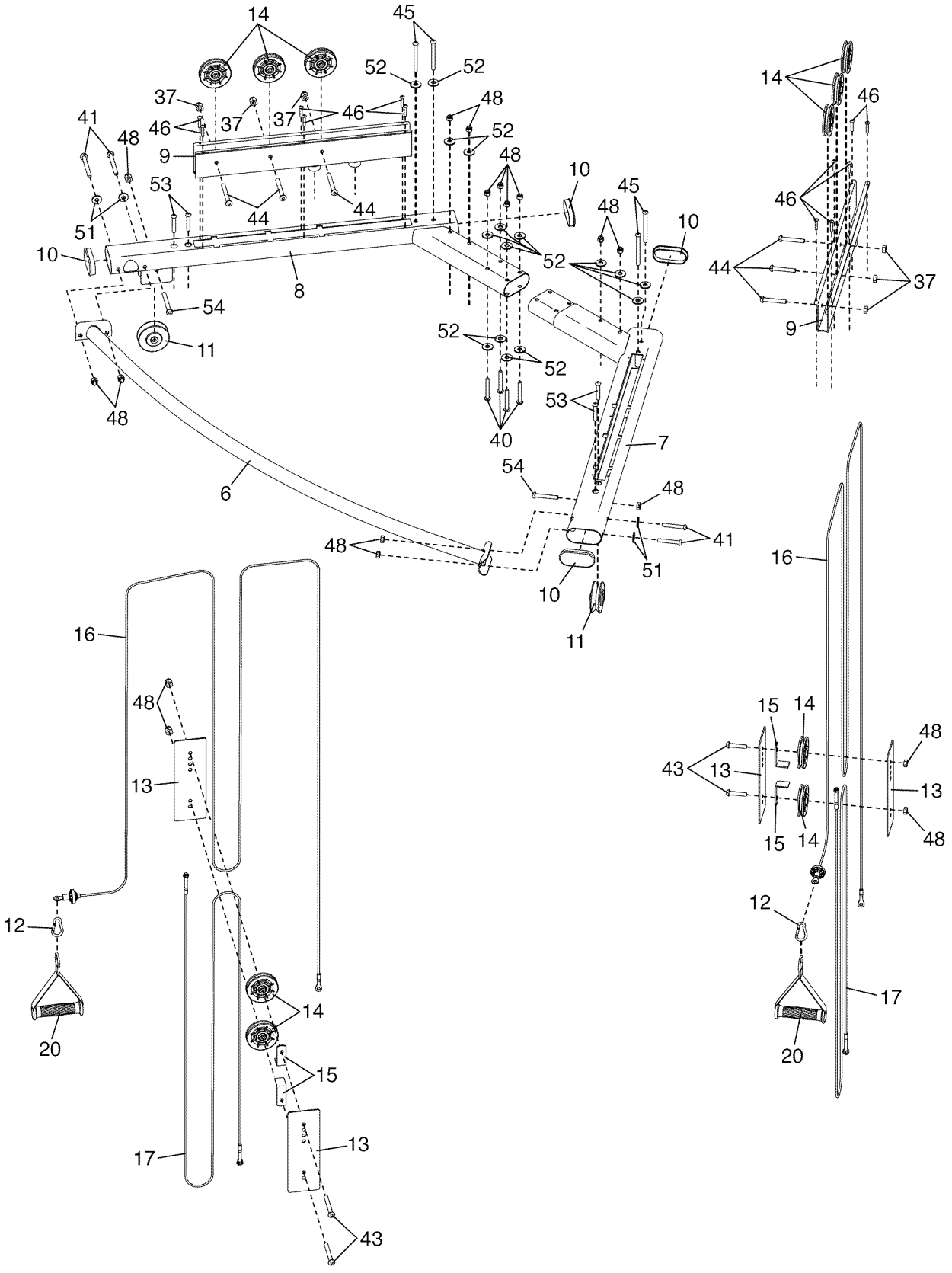
EXPLODED DRAWING A

Model No. 831.14934.0 R0813A



EXPLODED DRAWING B

Model No. 831.14934.0 R0813A



Get it fixed, at your home or ours!

Your Home

For repair—**in your home**—of **all** major brand appliances, lawn and garden equipment, or heating and cooling systems, **no matter who made it, no matter who sold it!**

For the replacement parts, accessories, and user's manuals that you need to do-it-yourself.

For Sears professional installation of home appliances and items like garage door openers and water heaters.

1-800-4-MY-HOME® (1-800-469-4663)
Call anytime, day or night (U.S.A. and Canada)
www.sears.com **www.sears.ca**

Our Home

For repair of carry-in items like vacuums, lawn equipment, and electronics, call or go on-line for the location of your nearest **Sears Parts & Repair Center.**

1-800-488-1222 Call anytime, day or night (U.S.A. only)
www.sears.com

To purchase a protection agreement (U.S.A.) or maintenance agreement (Canada) on a product serviced by Sears:

1-800-827-6655 (U.S.A.) **1-800-361-6665** (Canada)

Para pedir servicio de reparación a domicilio, y para ordenar piezas:

1-888-SU-HOGAR® (1-888-784-6427)

Sears

® Registered Trademark / ™ Trademark / ℠ Service Mark of Sears Brands, LLC
® Marca Registrada / ™ Marca de Fábrica / ℠ Marca de Servicio de Sears Brands, LLC

90 DAY FULL WARRANTY

If this Sears Weight System Exerciser fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible).

This warranty does not apply when the Weight System Exerciser is used commercially or for rental purposes. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

Part No. 351245 R0813A
Printed in China © 2013 ICON IP, Inc.